

Elaborate SMART Goal Template (+ Problems)

	SMART questions	SMART answers
S	Specific Q1: <i>What is the goal?</i> Q2: <i>What are the details of the goal?</i> Q3: <i>What do I want to accomplish with it?</i> Q4: <i>Who is involved?</i> Q5: <i>Where is it going to happen?</i> Q6: <i>What resources are available?</i>	A1: A2: A3: A4: A5: A6:
M	Measurable Q1: <i>How will I measure progress?</i> Q2: <i>Do I have the necessary tools to measure your progress?</i> Q3: <i>How will I know the goal has been accomplished?</i>	A1: A2: A3:
A	Attainable Q1: <i>Do I have the financial capacity to carry out my goal?</i> Q2: <i>Do I have the skills and will power to carry out my goal?</i> Q3: <i>Will I have access to help when needed?</i> Q4: <i>Do I have all the necessary resources?</i> Q5: <i>Do I have the time to carry out the goal?</i>	A1: A2: A3: A4: A5:
R	Relevant Q1: <i>Why is this goal important?</i> Q2: <i>Is this goal worth my time?</i> Q3: <i>Is this the right time for it?</i>	A1: A2: A3:
T	Time-bound Q1: <i>When will I achieve the goal?</i> Q2: <i>When will I carry out the activities that will bring me to my goal?</i> Q3: <i>When can I expect the first outcomes?</i>	A1: A2: A3:

Cheat sheet for solving problems

What are the possible problems you may encounter on the road to reaching your goals?

What are the easiest ways to solve these problems?

What are the resources you can use to solve the listed problems?

Who are the people you can ask for help if you encounter these problems?

What are some inspirational words you'll turn to when problems become too difficult?